

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.10	Hiit KETTLEBELLS Dee 30mins Sports Hall	INDOOR CYCLE Ryan C 45mins Sports Hall	Hiit STRENGTH Dee 30mins Sports Hall	Hiit KETTLEBELLS Dee 30mins Sports Hall	INDOOR CYCLE Dee 30mins Sports Hall		
06.45	INDOOR CYCLE Dee 45mins Sports Hall		INDOOR CYCLE SPRINT Dee 45mins Sports Hall	INDOOR CYCLE Dee 45mins Sports Hall	Hiit STRENGTH Dee 30mins Sports Hall		
09.30	PILATES Maria 60mins Dance Studio	PUMP Victoria 60mins Sports Hall	BEAT ZUMBA Karina 60mins Sports Hall	BEAT ATTACK Jo Ann 60mins Sports Hall	PILATES Jo Ann 60mins Dance Studio	Hiit KETTLEBELLS Joanne G 30mins Sports Hall	
10.45	BEAT AEROBICS (S) Wendy 60mins Sports Hall	PILATES Maria 60mins Dance Studio	BEAT AEROBICS (S) Wendy 60mins Sports Hall	YOGA Nicki F 60mins Dance Studio		BEAT COMBAT Joanne G 60mins Sports Hall	Hiit KETTLEBELLS Dee/Stephen 30mins Sports Hall
11.30		BEAT AEROBICS (S) Andrea 60mins Sports Hall					INDOOR CYCLE Dee/Stephen 45mins Sports Hall
12.00						PILATES Jo Ann 60mins Sports Hall	
12.30	INDOOR CYCLE Ryan C 45mins Sports Hall						Hiit STRENGTH Dee/Stephen 30mins Sports Hall
17.00			BEAT ZUMBA Karina 45mins Sports Hall	PUMP Victoria 45mins Sports Hall			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.15	Hiit STRENGTH Stephen 30mins Sports Hall	Hiit CARDIO Lisa 30mins Sports Hall			Hiit CARDIO Stephen 30mins Sports Hall		
17.45			INDOOR CYCLE Stephen 45mins Sports Hall				
18.00	INDOOR CYCLE Stephen 45mins Sports Hall	INDOOR CYCLE CARDIO Lisa 45mins Sports Hall		INDOOR CYCLE Mark 45mins Sports Hall	PUMP Stephen 45mins Sports Hall		
18.45		YOGA Nicki F 60mins Dance Studio	Hiit KETTLEBELLS Stephen 30mins Sports Hall	YOGA Catherine N 60mins Dance Studio	YOGA Nicki F 60mins Dance Studio		
19.00	BEAT COMBAT Joanne G 60mins Sports Hall	PUMP Victoria 60mins Sports Hall	PILATES Gemma 60mins Dance Studio	BEAT ZUMBA Jenny 60mins Sports Hall	BEAT COMBAT Joanne G 60mins Sports Hall		
19.30			BEAT ATTACK Lisa 60mins Sports Hall				

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.

(J) MORE Junior Class

(S) MORE Senior Class